

Diabetes Education Night

**JOIN US FOR DINNER AND AN
EVENING OF *FITNESS AND
NUTRITION EDUCATION!***

Guest Speakers:

Carol Schrader, RD/CDE
Kari Hall, BS/ACSM/HFS/CLM

DATE: JULY 13, 2010

DINNER: 6:30 P.M.

SPEAKER #1: 7:00

SPEAKER #2: 7:30

Healthy eating and regular exercise are keys to good health at any age—especially if you have Diabetes.

Dinner: Veggie & cheese lasagna with meatballs on the side, no pasta.

Cost: \$5.00 per person, open to the public.

LOCATION:

*Columbia Heights
1550 Cherry Street*

For information, or RSVP:

Shelly Nelson, 888-9933

By:

July 9, 2010

Presented by: The Wenatchee Area Network for Diabetes (W.A.N.D.) and Columbia Heights Retirement and Assisted Living Community.